

Halifax metro

THE GRAMMY AWARDS
First-ever winners and dazzling performances
metroLIFE



Your essential daily news | TUESDAY, FEBRUARY 16, 2016 High 8°C/Low 7°C Rainy, mild



BUNDLE OF FUN

Runners brave morning temperatures of -16 C to take part in a Fun Run on Sackville Drive on Monday. JEFF HARPER/METRO

Bitter cold spell to end, 'rapid warming' and heavy rain on the way metroNEWS

Councillor keeps quiet

CITY HALL

Discussions of Matt Whitman's social media use to be held 'in camera'



Philip Croucher
Metro | Halifax

Halifax's deputy mayor says two recent letters expressing concern about his use of social media could be brought up at city hall on Tuesday — but any discussion would be behind closed doors.

Coun. Matt Whitman said in an email to Metro on Monday he still isn't speaking publicly about the complaints but said the issue could be dealt with either at Tuesday's meeting or the following week.

The matter would be "in camera," he noted.

Mayor Mike Savage's office confirmed Friday they received a second letter expressing concern about Whitman's use of social media.

This came one day after Scott Warnica, an RCMP officer, went public with his three-page letter of complaint, outlining concerns with Whitman's social media use on several specific occasions.

He called on the mayor's office to investigate whether Whitman's online comments violated the code of conduct for elected officials.

Savage confirmed his office was in receipt of a second letter.

"Under Administrative Order 52 it goes to council for council to determine what happens," he said Friday.

In an interview, Warnica said he was prompted to write his letter following what he deemed "inappropriate comments" Whitman made on Twitter after a resident in his district was issued a ticket for using a plow on his ATV.

In that Tweet, Whitman used the hashtags #PowerTrip and #GetALife to describe the officer.

Warnica issued that ticket. But he said his concerns date back three years and refer to "overall extreme and unprofessional behaviour" on Whitman's part. WITH FILES FROM YVETTE D'ENTREMONT



Golf. With flexibility that fits your lifestyle, and your wallet.

Get your 2016 Brunello Advantage card. Voted Golf Digest's 3rd Best New North American Golf Course. Just 15 minutes from downtown.

Exit # 3 off the 103 *Active listings online!* Drop by our Open Houses – Sat & Sun , 2-4

THE LINKS AT Brunello

thelinksatbrunello.com

metro NEWS

Your essential daily news



Quebec film industry looks into name of Jutra Awards show amid pedophile allegations.

HALIFAX HEROES Ordinary people doing extraordinary things!

‘It’s a 27-hour-a-day unpaid job’

ANIMAL RESCUE

Cole Harbour woman spends her days saving stray, feral cats



Yvette d’Entremont
Metro | Halifax

This May will mark a decade since Sonya Higgins began helping stray and feral cats in the Halifax area.

Despite having rescued more than 1,000 kittens and cats, she says more needs to be done.

Metro Halifax received four nominations for Higgins from people moved by the volunteer hours she has logged running her rescue, Healing Animal SCARS.

Tracking Higgins down for an interview is tricky. She spends hours a day sitting in her car waiting to catch kittens (and cats) in humane traps. When she’s not patiently waiting in the cold, she attends vet appointments, visits foster homes where her cats have been placed, screens potential adopters, or socializes rescued cats in her own home.

“I jokingly say it’s a 27-hour-a-day unpaid job, but the rescue reward is when you get a scared cat who is trembling with fear at first (to) finally purr in your arms, or when you break a feral cat who was previously hissing and growling and swatting at you and it arches its back when you rub it down by the bum,” Higgins said in an interview last week.



> The rescue reward is when you get a scared cat who is trembling with fear at first (to) finally purr in your arms. Sonya Higgins

Sonya Higgins of Healing Animal SCARS attends to some cats at her Cole Harbour home last week. JEFF HARPER/METRO

“I spent time this morning socializing a mother cat who had grown up outside and was quite wild and now she’s on my floor playing with a toy mouse.”

Higgins shares stories of successes and heartbreaks, and uses every opportunity to educate and create awareness about the kittens and cats in her care.

“If someone calls me about a tame cat or kittens, I say call the SPCA or Bide Awhile because when they have space it’s their mandate to take in stray-friendly cats,” she explained.

“However they cannot and are not equipped to deal with these ferals, so there are many rescues such as my own that have cropped up over the past 10 years — and we are all on the streets daily, sitting in our cars for seven-hour stretches waiting to pull a trap.”

Once vet-checked, microchipped and spayed or neutered, kittens and feral cats that can be socialized are taken in by Healing Animal SCARS. Those animals too wild to be socialized are spayed or neutered, eartagged for future recognition, and released.

“There are always going to be cats in need, and until this city decides to sponsor some form of spay neuter program and implement micro chipping as a mandatory part of pet ownership I don’t think that we’re going to see much improvement,” Higgins said.

Higgins sits on HRM’s domestic and feral cat advisory committee and has participated in the provincial minister of agriculture’s forum on animal welfare.

In addition to running her rescue full-time, she must raise. Each cat is a $300 minimum investment. But instead of taking any credit, Higgins points to the generosity of strangers who donate to pay vet bills and expresses gratitude for Dartmouth’s Russell Lake Animal Hospital.

“It’s what drives me to get out of bed. I have a lot of physical pain and I have no problem admitting to people that I’ve suffered from anxiety and depression most of my life and this gives me a reason to go forward,” Higgins said when asked what motivates her.

Learn more about her organization at www.facebook.com/HealingAnimalSCARS.

‘Very deserving’

Here are some of the comments made by people who nominated Sonya Higgins for Halifax Heroes.

Lesley Lane: “She has been doing this job for years, tirelessly working day and night, trapping, neutering and getting medical attention and homes for hundreds of local cats in distress. She also spends a lot of time fundraising for her rescue group. She is one of the most dedicated people I know who certainly deserves recognition.”

Shellie Thistle: “She does so much to help abandoned and neglected cats. Very deserving.”

Kirsten Davison: “I’d like to nominate Sonya Higgins for Healing Animals SCARS for all the amazing work she does helping feral, stray and lost cats.”

HALIFAX HEROES

Every Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email Metro Halifax’s managing editor at philip.croucher@metronews.ca, or tweet @metrohalifax using the hashtag #HalifaxHeroes.

I Can Help You Buy or Sell Your Home.

Contact me to book a complimentary consultation so I can help **guide you through the process** until the transaction is complete.

Michael Sears, SRES®
Seniors Real Estate Specialist





Bryant Realty Atlantic
Proud Supporter of BRIGADOON
Michael.Sears@BryantRealty.ca
REALTOR® 902-225-5050
To download my free App, text michaelsears to 85377
Not intended to solicit properties currently under contract.

CONSTANCE GLUBE

First female Supreme Court judge in N.S. dies

Constance Glube, an award-winning lawyer who repeatedly made history as the first woman to hold several high-profile roles in the Nova Scotia judiciary, has died.

She was 84.

An obituary posted online by the Law Courts of Nova Scotia says Glube was called to the bar in 1956 after graduating from Dalhousie University in Halifax and spent 21 years as a lawyer before being appointed to the bench as the first woman on the Nova Scotia Supreme Court.

The Ottawa-born Glube made history again in 1982 when she became the court's chief justice and was also appointed chief justice of Nova Scotia and the Court of Appeal in 1998.



Constance Glube CONTRIBUTED

During her lifetime, Glube also served as Halifax's city manager — the first woman to hold that position in a Canadian city.

Glube, known as "Connie" by colleagues and friends, was awarded the Frances Fish Women Lawyers Achievement Award in 1997, which was named after Nova Scotia's first woman lawyer.

The online obituary says Glube, who died Monday, was dedicated "to overcoming the gender, ethnic, and religious barriers of her era."

Other achievements include becoming an officer of the Order of Canada in 2006 and having an award created in her name by the Nova Scotia branch of the Canadian Bar Association.

The Constance R. Glube CBA Spirit Award is awarded to those who demonstrate "outstanding effort and contribution to women in law."

Glube retired in December 2004 after 48 years in the legal profession. THE CANADIAN PRESS

EASTERN PASSAGE

Charges laid after shots fired at house

Police say a 24-year-old man is facing charges including attempted murder after shots were fired at a home and vehicle in Eastern Passage.

The RCMP were called about the gunfire around 3 a.m. Saturday in the Cedar Lane subdivision.

Halifax Regional Police Emergency Response team and a HRP K9 service dog helped locate the suspect, who was able to flee from officers, inside a residence on nearby Pine Street. No one was injured.

On Sunday, police announced that Adam Barkhouse has been charged with attempted murder, uttering threats, mischief to property, and firearms offences.

He is due in court on Tuesday. METRO



Halifax lawyer Lyle Howe was found guilty in 2014 but the conviction was overturned on appeal on Sept. 4. METRO FILE

Local lawyer won't be retried for sex assault

COURT

Woman opts not to testify against Lyle Howe again

Charges against a Halifax lawyer who was accused of sexually assaulting a 19-year-old woman in 2011 are expected to be formally withdrawn Thursday, after the complainant told the Crown she didn't want the ordeal of testifying at a second trial.

Lyle Howe, a high-profile Halifax lawyer, was originally found guilty by a jury in May 2014, but the conviction was overturned on appeal on Sept. 4 and a new trial was ordered.

The Crown said last week it had decided not to retry the case.

Chris Hansen, a spokeswoman for the public prosecution service, said Monday the decision came after hearing from the complainant that she did not wish to give evidence a second time.

Hansen says without the complainant's testimony there is no realistic possibility of a conviction.

> **We are very relieved, very satisfied obviously.**
> Phil Star

The woman spent close to six days on the stand in the first trial, and Hansen said the woman didn't want to repeat the experience of being cross examined.

During the original trial, the young woman testified before the province's Supreme Court that she was impaired and did not give consent to sex with Howe after he came to her Halifax apartment.

Howe argued that he had consensual sex with the woman.

Hansen said the Crown could have compelled the woman to testify a second time, but decided against that approach.

"She had been through an ordeal the first time. She gave it due consideration and took the time she needed and when she informed us she didn't want to do it again, we decided to respect her wishes," she said.

Howe's conviction in 2014 sparked a march through a downtown neighbourhood to the Nova Scotia Supreme Court in a protest organized by supporters who said the trial reflected the justice system's bias against black men.

However, along the route, comments were written in chalk on sidewalks in support of the complainant and women who are victims of sexual violence.

Phil Star, Howe's defence lawyer, said in a perfect world achieving a not guilty verdict through a fresh trial would be the ideal result for his client. THE CANADIAN PRESS



Rebuilding Turtle Grove

MI'KMAQ

Millbrook band aims to restore historic village, add attractions

A Nova Scotia aboriginal band is drafting ambitious plans to rebuild a community on the site of a Mi'kmaq village that was obliterated by the Halifax Explosion nearly a century ago.

Black-and-white photos taken at the turn of the last century show a collection of wigwams close to the shoreline at the narrowest part of Halifax harbour.

The Mi'kmaq called it Turtle Grove.

Some of the descendants of those who lived there, members of the Millbrook First Nation, want to develop the site in Dartmouth to include a mix of residential and commercial properties.

The band, which is no stranger to commercial success, has tentative plans to build a boardwalk, marina, ferry terminal and residential units with office and retail space, some of which would be made available to band members.



Shannon Park is an abandoned community that housed military families. Part of the area was home to a Mi'kmaq village destroyed by the Halifax Explosion. ANDREW VAUGHAN/THE CANADIAN PRESS

About 900 members live on the existing reserve in the Truro area, an hour's drive north of Halifax. Another 900 live off the reserve, many of them in the Halifax area.

"That would be reserve land (and) that would create a desire (for band members) to be there," says chief Bob Gloade. "We're also looking at some cultural components and marking the history of the residents ... There could be a monument."

> **The biggest hurdle that we're running into is firming up how much land we can develop.**
> Chief Bob Gloade

At least six families were living at Turtle Grove in December 1917 when a Belgian relief ship and a French vessel carrying munitions collided only a few hundred metres from the village, Gloade says.

The resulting blast and tidal wave razed Turtle Grove, killing many of its residents and almost 2,000 others in the surrounding area, making it the worst disaster in Canadian history.

To this day, a section of what was once Turtle Grove remains empty. The small tree-lined cove sits idle and overgrown in the shadow of a large, gas-fired generating station known as Tuft's Cove.

The humble site will soon be declared reserve land as part of an outstanding Mi'kmaq claim — though Gloade says there's a problem.

"The biggest hurdle that we're running into is firming up how much land we can develop so we can plan it out properly."

The 3.9-hectare site is stretched so thinly along the shoreline that it would be impossible to develop properly, he says.

The band wants to buy more land, but that could take a long time. THE CANADIAN PRESS

ALSO IN VIEW

Band eyeing adjacent Shannon Park as well

The site is adjacent to Shannon Park, a 33-hectare former military community built by the Department of National Defence after the Second World War. Abandoned by 2003, it includes more than 400 empty apartment units, a store, two schools, two churches, an arena, swimming pool and community centre.

In March 2014, the Canada Lands Company — the federal government's real estate arm — bought 33 hectares of Shannon Park for $4 million.

The Crown corporation presented three development proposals to the public last November and a preferred concept is expected to be submitted for municipal approval this spring.

Demolition at the site started earlier this month. The Millbrook band is a partner with the contractor, Dexter Construction.

Millbrook chief Bob Gloade says talks with Canada Lands are moving slowly. THE CANADIAN PRESS

LAW

Gain specialized training for a successful career

Criminology | Paralegal | Legal Administrative Specialist



✓ Half day classes
✓ Monthly program start dates
✓ Real-world industry field placements
✓ Lifelong Career Assistance

Eastern College

Call: 1-877-297-0777
Visit: easterncollege.ca
Halifax Campus:
Bay West Centre, 7067 Chebucto Road

0216

Get a Fresh Start!



Break
THE PAYDAY LOAN CHAIN

• good credit • bad credit • slow credit • collections • divorce •

Refinance Your Current Loans to a Payment You Can Afford

• vehicle loans • downpayment loans • personal loans • and more •

Fast Approvals
902-461-0248
www.customerfirstfinancing.ca

CFF Customer First Financing





SACKVILLE FESTIVAL CELEBRATES WINTER FUN Dozens of people lined the streets for the Sackville Snow Days parade on Monday morning. On the left, Sackville Town Crier Greg Fenwick leads the parade down Sackville Drive. On the right, Olaf and the Easter Bunny wave to the crowd. JEFF HARPER/METRO

'Rapid warming' to help thaw

WEATHER

Heavy rains in forecast after a very cold weekend



Rebecca Dingwell
For Metro | Halifax

Time to clear those storm drains.

After a freezing weekend, the snow in Halifax may be about to melt.

Environment Canada spokesperson Tracey Talbot said Sunday's temperatures dropped down to -16 C — a sign of just how bitter things had gotten over the long weekend.

"We're not talking record temperatures," Talbot explained Monday. "Record low temperatures are about -25 this time of year."

If predictions ring true, however, those tired of shivering will get a break starting Tuesday evening. Environment Canada is calling for overnight rain as well as "rapid warming," with temperatures potentially climbing as high as 10 C.

"We have a weather system that's actually passing through Quebec, but we're on the warm side of the system," said Talbot.

After Monday night's flurries — caused by a warm front moving through the area — warmer weather may change the snow into showers on Tuesday morning. But the significant rainfall isn't expected to start until later in the day.

"That would be late on Tuesday night into Wednesday morning," said Talbot. "We're expecting to see the temperatures to continue rising through that period."

> **There could be some ponding and minor flooding issues, but nothing significant from the rain.**
> Tracey Talbot, Environment Canada

The heaviest rain will likely fall over the early morning hours of Wednesday. According to Talbot, we can expect about 20 to 30 millimetres.

"With that, we're going to have some gusting southerly winds as well," added Talbot. "So the combination of the rain, the warm temperatures (and) the wind is going to contribute to significant snow melt."

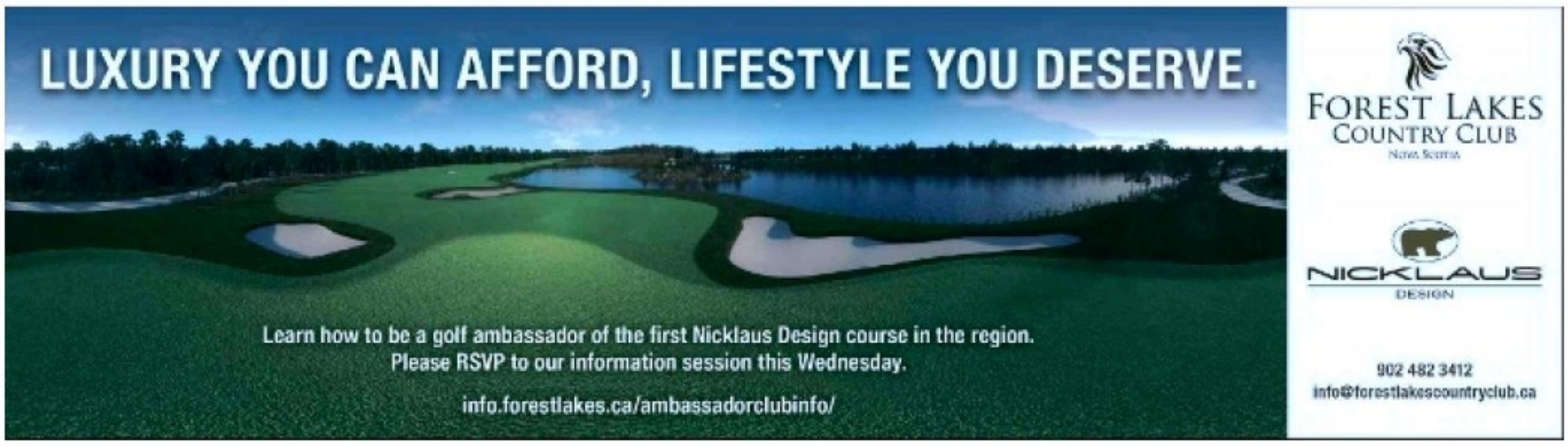
Don't put away those shovels yet, though.

"Hopefully, if we can keep those speed drains clear, that will help with the runoff," said Talbot.

"There could be some ponding and minor flooding issues, but nothing significant from the rain itself."

26

The possible change in temperature by degrees for Halifax when calculating Sunday's coldest point to Wednesday's expected high.



Search continues for missing snowmobiler

WINTER

Group of riders fell though ice, two of three were rescued



Rebecca Dingwell
For Metro | Halifax

The search continued on Monday for a missing snowmobiler who RCMP believe fell through the ice on Saturday night.

According to a release, a group of snowmobilers were crossing Black River Lake in Kings County when they fell through the frozen lake. On arrival, officers determined three snowmobiles with their riders had gone through the ice.

Police say several emergency responders assisted in the search, leading to the rescue of two riders.

One snowmobiler, a 26-year-old New Ross man, has not been found.

RCMP spokeswoman Const. Kelly Gaudet said the Ground Search and Rescue team fully searched the area on Sunday. Divers arrived on the scene Monday.

"We're keeping close contact with the (man's) family and still searching," Gaudet said in an interview. "When our divers are done today we will reassess what next step the investigation will take."

The investigation was still considered a search for a missing person as of Monday.

"We are still continuing the investigation and one component of the investigation is an indication that he went into the water and that he didn't come out," said Gaudet.

She added that anyone crossing a frozen body of water should wear a life jacket.

"It might appear that the ice is frozen and thick, but when you get on it … it might be thin."



A RCMP truck at the scene Monday near where the snowmobilers went into the water. TC MEDIA

INVESTIGATION

No bodies yet found after Friday's blaze

The investigation continues into a massive fire that lit up the night sky in downtown Glace Bay Friday night.

The former Billy D's Lounge, also known as the Guildwood, has been closed down for several years.

The building, located at 628 Main St., was officially vacant, but police believe a homeless man may have been inside the structure at the time the fire was reported at 11 p.m.

As the investigation continued at the scene on Monday, Cape Breton Regional Police Staff Sgt. Ken O'Neill said that no human remains have yet been found.

The cause of the fire also remains under investigation by the police's arson and general investigation section units, and the fire marshal's office.

The boarded-up building had no power source, O'Neill said.

It was billowing heavy black smoke and fire from the back of the building by the time the Glace Bay volunteer fire department arrived on scene. TC MEDIA

CRIME

Police find cocaine in speeding vehicle

An Ontario man is facing charges for cocaine possession, after a vehicle stop in Nova Scotia.

On Sunday, a member of the RCMP's Northern Traffic Services unit was monitoring traffic on Highway 104, just outside of Amherst.

At around 6 p.m., the officer took note of a speeding vehicle.

According to a release, the officer stopped the vehicle and seized about two kilograms of cocaine as a result.

Police say the driver of the vehicle was a 33-year-old man from Brampton, Ont., who has been remanded to appear in Amherst Provincial Court on Tuesday.

THE ASSOCIATED PRESS



Pot of trouble coming to city hall

MOTION

Council asked to look into weed smell from grow-op

A Halifax-area homeowner who lives next door to a private marijuana grow-op is appealing to a municipal councillor for help in dealing with the pungent pot odour.

Coun. Reg Rankin said the man, who he declined to identify, lives in a semi-detached home and shares a wall with a licensed grower of medical marijuana.

"As he describes it, terrible smells permeating through the walls," Rankin said Monday.

Rankin said he's been to the home in his constituency of Timberlea-Beechville-Clayton Park West and the marijuana smell is obvious.

He wants municipal staff to look into how effective laws are that deal with the impacts of licensed grow-ops on neighbouring properties. The motion, to be submitted Tuesday, asks how operations can affect health and property values and "constitute adverse quality of life."

"Enjoyment of property is pretty paramount, isn't it, in society? So doesn't this constitute an infringement on enjoyment of property?" said Rankin.

Health Canada stopped issuing licences for patients to grow their own pot in 2014 in hopes of shifting marijuana production to commercial producers, but a court injunction has allowed small-scale producers already enrolled in the program to continue cultivation.

Under the old system, patients had the option of growing their own marijuana, designating someone else to grow it for them, or ordering the drug directly from Health Canada. About 38,000 people were authorized under the old regime.

RCMP spokeswoman Cpl. Jennifer Clarke said as long as the grower in this case is following federal regulations, there's little that can be done from a policing perspective.

"We would certainly contact Health Canada to confirm whether there was anything that was being contravened there, but there's not a lot we can do," she said.

"The only thing I can think of is something along the lines of interfering with the enjoyment of property, but there has to be some intent."

THE CANADIAN PRESS

NOT THE FIRST

Cam Battley of the Canadian Medical Cannabis Industry Association, which represents licensed producers, said it's not the first time he's heard of a private grower drawing the ire of a neighbour.

MORE LOCAL NEWS ONLINE



Coun. Reg Rankin METRO



Darren Hudson, a fifth-generation lumberjack, in his new Halifax business, the Timber Lounge. ANDREW VAUGHAN/THE CANADIAN PRESS

SPORT

Halifax not the only place getting into the thrill of axe-throwing

A growing number of people have started living up to the Canadian stereotype of a plaid-wearing lumberjack.

Axe throwing is gaining in popularity, with clubs, leagues and lounges opening everywhere from Alberta to Nova Scotia.

Darren Hudson, co-owner of a new axe-throwing lounge opening soon in Halifax, said the traditional lumberjack sport is captivating Canadians because it's simple and it has an immediate payoff.

"It's a very rewarding, enjoyable sport in which people have the opportunity to cast away their cares," said the 38-year-old man, a world-champion lumberjack who has been throwing axes for more than three decades. "Axe throwing for a first-timer is a moment they won't forget for the rest of their lives."

HISTORY

Darren Hudson said lumberjack sports in Nova Scotia date back to the late 1800s, when woodsmen would pit their skills against one another, usually at the end of a river drive when logs were being brought to the sawmill.

The smell of lumber tickles your nose inside the Timber Lounge, where circular targets are attached to a wood-panelled wall.

Hudson staggers his feet one in front of the other and begins to rock back and forth, his hands firmly gripping the base of the axe's handle with his arms stretching straight behind his head. He fixes his eyes on the red, blue, green and white target several metres ahead.

When it feels right, Hudson releases the three-and-a-half-pound double-bitted axe and watches intently as it spirals through the air and sticks to the bull's eye with a satisfying thump.

"It is a sport that anybody can do," said Hudson, wearing thick black-rimmed glasses, a red plaid ball cap and a wiry brown beard. "It's great to watch people achieve what they thought would be so difficult and yet, it is so attainable."

The Ontario-based Bad Axe Throwing recently announced it is opening three new locations in Halifax, Winnipeg and Montreal, and Jack Axes Inc. is also preparing to launch soon in St. John's.

THE CANADIAN PRESS





Hateful Valentine spurs complaint

EDMONTON

Man receives homophobic card on the job

A man says he is filing a complaint with police after he received a Valentine at work that was defaced with a homophobic slur.

Degas Sikorski, 20, said the Valentine that he received from a Party City store in Edmonton where he has worked for years said he wasn't getting any shifts "for a reason."

Sikorski said police have given him witness forms to fill out that could lead to the slur being investigated as a hate crime.

"They said it is a hate crime," Sikorski said Monday. "The guy at the police station said, 'Absolutely this is a hate crime. We will absolutely have to look into this.'"

Edmonton police were not available for comment.

A public relations firm that speaks for Party City issued a statement on the weekend that said the company does not condone the behaviour and is committed to creating a fair and inclusive work environment.

Company officials were not available for comment Monday, but have indicated they will release more information when it becomes available.

Sikorski, who has been working at the party supply store while putting himself through the University of Alberta, said no one should have to face such treatment.

He wants an explanation as well as apologies from the person who wrote the Valentine and from company management, he said.

"The name is Party City, for Pete's sake. It should be about a friendly and welcoming atmosphere."

Sikorski said he is still not on the company's work schedule and isn't sure he wants to go back. THE CANADIAN PRESS



A Valentine given to Degas Sikorski, shown in a Facebook post by his mother Shelley Bramhoff Sikorski. THE CANADIAN PRESS


Paratroopers set up a preliminary camp with light gear. BRAEDEN JONES/METRO

Troops head north to train



"It's going to be a pretty steep descent, just so you're aware."

The pilot of the C-17 Globemaster taking 120 Canadian reservists into Resolute Bay to spend a week training in the high Arctic is more candid than the average commercial pilot — but his passengers are used to that kind of directness.

They're part of a larger contingent of Canadian Forces members training around the North between early February and early March. More specifically, they belong to the Arctic Response Company Group (ARCG).

The 120 who landed at the Arctic Training Centre Saturday are relieving Princess Patricia's Canadian Light Infantry (PPCLI) members from Edmonton, who parachuted into the area on Friday, in the joint training exercise Arctic Ram 2016.

Most had never been as high as Resolute Bay, close to latitude 75 degrees. It's about 2,400 kilometres from Winnipeg, still in the central time zone, but basically straight north.

The community of Resolute is the most populated northern settlement in the Canadian Arctic.

But the reservists stayed at the Arctic Training Centre northwest of that hamlet on Saturday night. They'll spend subsequent evenings in tents pitched out on sea ice, braving the harsh Arctic climate, where the bulk of their training exercise will be staged.

The mock scenario this week has the ARCG responding to a "downed satellite," with the objective of locating its parts.

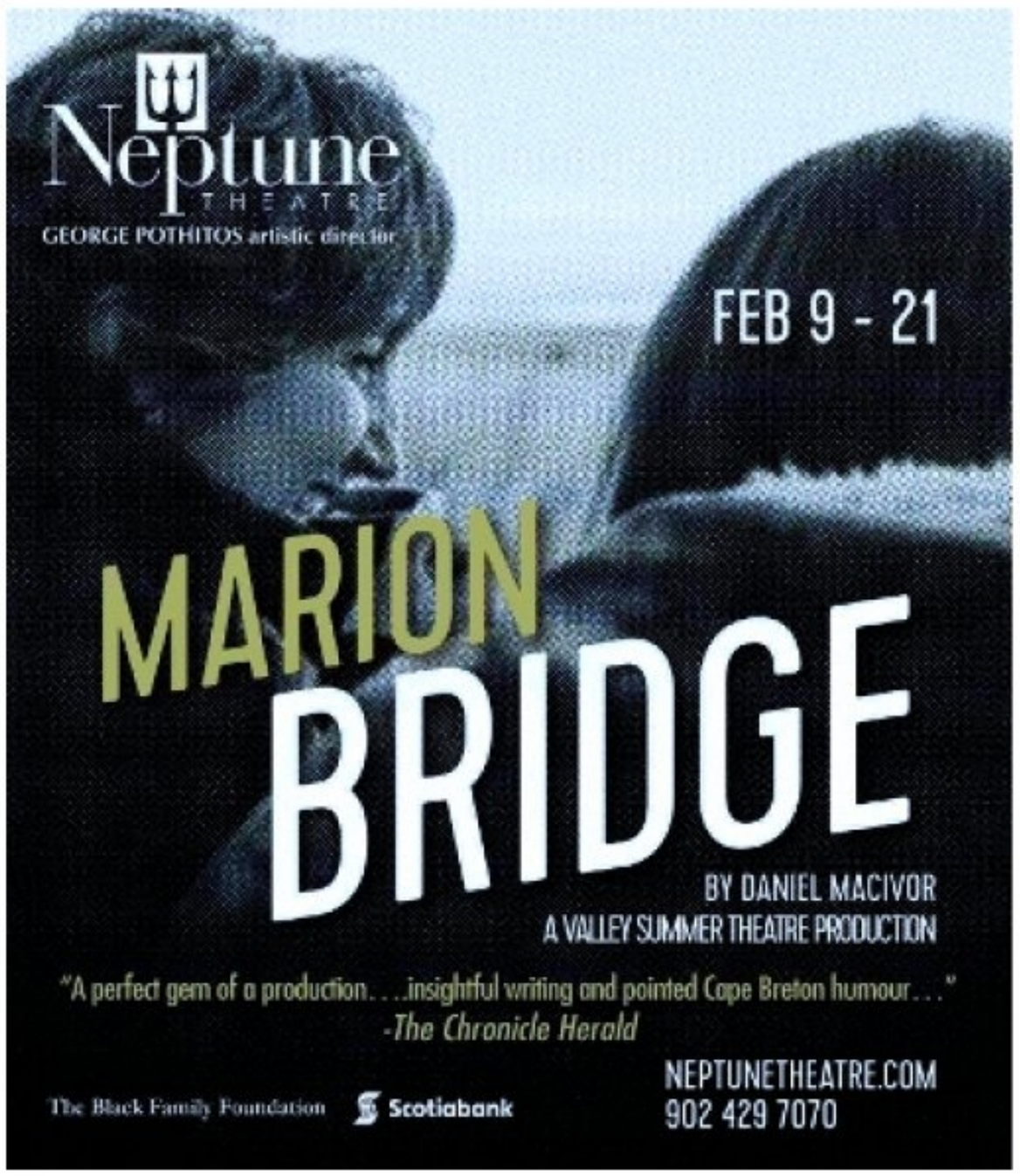
The PPCLI paratroopers responded first on Friday, setting up a preliminary camp.

After spending most of Saturday evening repairing snowmobiles and specialized "Komatik" sleds, ARCG deployed Sunday by land and sea ice.

Maj. James Meredith, the officer in command, said the training is "invaluable."

Meredith explained it's a demonstration of the force's ability to "stretch out from a base in Winnipeg" with numbers, and "(fire) out another 150 to 200 kilometres" from there during the mission.

During Exercise Arctic Ram 2016, Metro will be reporting on aspects of the Canadian Arctic, the community of Resolute and the military's presence and training in the area.





Top court vacancy ups election stakes

U.S. SUPREME COURT

Justice's death makes seat an issue in race to White House

The unexpected death of Supreme Court Justice Antonin Scalia, and the immediate declaration from Republicans that the next president should nominate his replacement, adds even more weight to the decision voters will make in November's general election.

Candidates in both parties moved quickly to reframe the election as a referendum on the nine-member high court's future.

Texas Sen. Ted Cruz released a new television advertisement Monday warning voters that conservatives are "just one Supreme Court justice away" from losing on issues including "life, marriage, religious liberty, the Second Amendment." The spot also suggests Republican front-runner Donald Trump would nominate more liberal justices and includes clips of the real estate mogul saying he's "very pro-choice."

Democrat Hillary Clinton painted a similarly stark scenario, stating the court's makeup is crucial to preserving abortion rights and the legality of gay marriage nationwide.

The court now is divided between four liberal and four typically conservative justices.

Obama pledged to nominate a replacement in "due time," even after Senate Majority Leader Mitch McConnell said that responsibility should fall to the winner of the 2016 election.

With three other justices over the age of 75, the next president could have other vacancies during his or her tenure, even if Obama fills Scalia's seat. THE ASSOCIATED PRESS



Members of People for the American Way gathered at **the U.S. Supreme Court in Washington** on Monday to call on Congress to consider any nomination by President Barack Obama to fill the seat of Justice Antonin Scalia. CAROLYN KASTER/THE ASSOCIATED PRESS

HEALTH

Cancer 'moonshot' not enough: Expert

Days after launching his $1-billion US cancer "moonshot" last month, U.S. Vice-President Joe Biden was already grounding his space metaphor.

Biden first used the lofty analogy in October, several months after his son's death from brain cancer. It was deployed again in January, when U.S. President Barack Obama tasked Biden with leading the "cancer moonshot task force."

At the Abramson Cancer Center in Philadelphia, where Biden kicked off his bid to "end cancer" on Jan. 15, he backed away from the metaphor.

"The first thing he said was, 'You know, the choice of the word "moonshot" may have been an unfortunate one,'" said Dr. Chi Van Dang, the centre's director. "It implies something too simple; that we can just assemble the engineers and the astronauts, make the rocket, and we'll get to the moon and back," Dang recalls Biden saying.

Critics seized upon the flaws in Biden's pledge, particularly its price tag — not enough money to bring a single drug to market.

With the looming election, Biden's days in the West Wing are numbered, with no guarantee it will be approved by Congress.

But cancer research advocates believe Biden is in this fight for the long haul — the $1 billion isn't a moonshot, but a "down payment." TORSTAR NEWS SERVICE

IN BRIEF

Odin-inspired vigilantes operating in Norway: Police

Norwegian police say a vigilante group calling itself the Soldiers of Odin has appeared in the country amid an influx of migrants that the group perceives as a threat. THE ASSOCIATED PRESS

Russia implicated in strikes targeting hospitals, school

Airstrikes blamed on Russia hit two hospitals and a school in northern Syria on Monday. The strikes have killed and wounded dozens of civilians. THE ASSOCIATED PRESS

LIVE NOW. PAY IN 2017.†

$0/$0/0% Down Payments Interest



LASIK MD VISION

Starting at $490/eye*

Book a free consultation at 1-855-301-2020 or lasikmd.com

#lasiklife

†Subject to credit approval. Only applicable towards a Custom LASIK/Custom All Laser procedures (including Laser PresbyVision) for both eyes completed by December 31st 2015. Cannot be combined with any other offer or discount. Offer subject to change without prior notice. *Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at $490 per eye and Custom LASIK at $1,750/eye. Other conditions may apply.

Millennials cool to older brands

MARKETING

Younger crowd prefer social media, tech labels: Survey

Millennials may appreciate vintage, but not when it comes to brands.

Old-stock companies aren't winning the favour of the "Netflix and chill" generation, according to an Ipsos-Institute of Communication Agencies survey of the most influential brands in Canada in 2015. They studied more than 100 brands that spent the most on advertising last year.

The demographic born between 1982 and 1996 was more likely to prefer technology and social-media brands such as PayPal and Instagram than more deep-rooted companies such as Walmart, Canadian Tire and the CBC, the survey suggests.

In the last two years, Netflix was one of Ipsos' "brands on fire," said Steve Levy, the research firm's chief operating officer. "It was never in the top 10, but it was a brand that moved up really quickly." Netflix came in fifth among millennials last year, and 22nd among Generation X.

"It's somewhat surprising how much divergence exists between the generations," Levy said.

Millennials were also much less likely than their parents or grandparents to hold Canadian Tire in high esteem. The company founded in 1922 by the Billes brothers in Toronto was the seventh-most influential among boomers, but a distant 51st among millennials.

Canadian Tire's own data shows it has "seen steady improvements over the last number of quarters among millennials and young active families," company spokeswoman Stephanie Nadalin said.

Despite its efforts, the CBC is another brand that doesn't appear to have caught on with the younger crowd, according to the survey. Boomers rated the national broadcaster fourth among the most influential, while millennials placed it 28th.

Across all age groups, Google was the most influential brand for the second year in a row, according to the Ipsos-Institute of Communication Agencies survey. Fellow tech giants Apple, Microsoft, Facebook and YouTube rounded out the top five.

Google also came in second behind Apple in another recent study, the Top 100 Global Brands by the multinational marketing research firm Millward Brown.

TORSTAR NEWS SERVICE

> "(Netflix) was never in the top 10, but it was a brand that moved up really quickly. Steve Levy



LOBSTERS U.S. FISHERMEN KEEP MORE OF THEIR CATCH America's lobster industry is sending less of its catch to Canada's Maritime provinces, where some two dozen companies process millions of pounds of lobster meat every year, as processing grows in New England. U.S. lobster fishermen exported about 69 million pounds of lobster to Canada in 2014. The 2015 figure was less than 67 million, U.S. data show. THE ASSOCIATED PRESS FILE

HOUSING

Mortgage new rules kick in

Canadians looking to buy homes between $500,000 and $1 million will have to put down larger down payments as new federal rules took effect Monday. Homebuyers must now put at least 10 per cent down on the portion of a home that costs more than $500,000.

Buyers can still put down five per cent on the first $500,000 of a home purchase. Homes that cost more than $1 million still require a 20 per cent down payment.

Phil Soper, president and CEO of Royal LePage, says the new rules aim to slow the breakneck pace of price growth in the red-hot markets of Toronto and Vancouver without affecting markets that are lagging, such as those in oil-dependent provinces.

"The problem with monetary policy is that it impacts the struggling Calgary market or the just-fine Winnipeg market and the overheated Vancouver market in equal amounts," Soper said.

THE CANADIAN PRESS

CONFIDENCE

Investors more nervous: Report

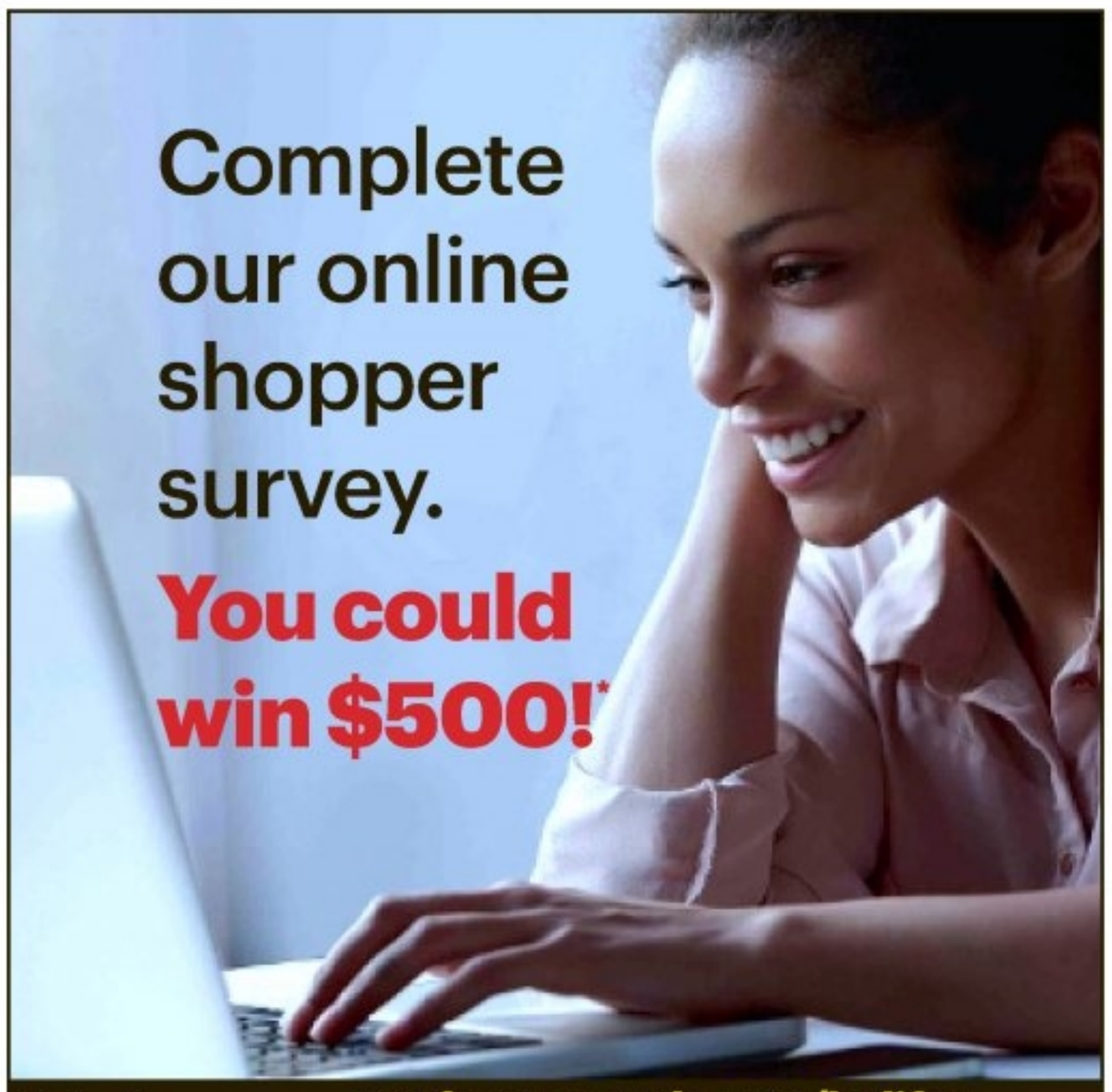
One of Canada's biggest insurance and financial services companies says nervousness among Canadian investors has risen to levels not seen since the financial crisis.

Manulife Financial says Canadian investors have lost confidence in mutual funds, exchange-traded funds and balanced mutual funds over the past six months. It also suggests housing is seen as a less attractive investment, while confidence in fixed income investments is the same.

Manulife's semi-annual investor sentiment index dropped to 16 in December from 19 last May.

Investors in Ontario and the Atlantic provinces were the most optimistic with a score of 20, while Quebec ranked lowest at nine. Alberta was second lowest at 14.

THE CANADIAN PRESS



Take the survey at pulseresearch.com/halifax
Pulse Research
*Two winners will receive a cash prize of $500. No purchase necessary. Contest open to Ontario residents who are at least 18 years of age. Contest runs February 8 to March 4, 2016. Full rules and regulations can be found at pulseresearch.com/rules/halifaxrules.html.
Halifax metro

Change your life and the lives of others.
MBC Maritime Business College Since 1899
Become a Human Services Support Worker!
Train how to assist the disabled by developing their life skills and by teaching them how to care for themselves.
Take our Human Services Support Worker program and finish in less than a year!
APPLY NOW TO START IN MARCH!

Learn about ALL our Programs! Attend an Info Session at the Community Room in Sobeys - Fall River TODAY 4-6pm
902-463-6700 maritimebusinesscollege.com

metro VIEWS
Your essential daily news



PHILOSOPHER CAT by Jason Logan

EMMA TEITEL: ON SELF-ESTEEM IN THE SOCIAL-MEDIA AGE

This may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help from time to time, and the demographic least likely to get it — teenagers — needs it most.



This month in cyberbullying news: Oak Bay High School in British Columbia suspended its basketball team after a player posted a "highly inappropriate" photo of a teammate online. The photo was shared widely on social media, where, of course, the teammate pictured was ridiculed en masse.

The school's administration forced the team to forfeit its stellar season, a decision many students not directly involved in the incident strongly opposed — but a decision that is in every way wholly just.

Cyberbullying isn't an isolated episode, nor is it carried out by a single person acting alone; it's a cultural cancer.

Like sexual assault, it's an endemic problem in which very often, people who know one another hurt each other in unduly harsh and long-lasting ways — in full view of their social circles. Luckily, the powers that be, namely government and celebrity, have begun to take notice — and more importantly, take action.

The federal government announced plans last week to fight cyberbullying by looking into anti-bullying tools online: programs that enable students to monitor hateful language and flag inappropriate social media posts.

Similarly, self-styled anti-bullying activist Monica Lewinsky recently unveiled her own line of heart-shaped "#BeStrong" Emojis, a tool she is encouraging young people use when they face adversity online. None of this will cause harm. But will it prevent or alleviate it?

Though undeniably well meaning, there is something important missing from most anti-bullying initiatives. That is a crucial piece of mental health advice: Take a break. Unplug. Do something else.

It seems every institution's answer to this technologically fuelled problem is some form of technology itself, whether it's an app that flags hate slurs or an inspirational anti-bullying video on Upworthy.

It seems every institution's answer to (cyberbullying) is some form of technology.

Kids cannot avoid the Internet. It's how they do their homework and socialize. But breaks are good for the body and soul. The most valuable piece of advice I received from my dad amid my own first cyberbullying incident on MSN Messenger was, "Maybe you should turn that thing off for a few hours." I did, and suddenly the world felt a whole lot larger and my pain, a little bit less acute.

But abstinence is only a temporary salve. What kids need — what we all need — is self-esteem. This is why school conferences such as Power of Being a Girl should be as widely available to youth as celebrity-endorsed emojis.

The conference, organized by YWCA Niagara, brought almost 200 adolescent girls together this Thursday for special workshops and art therapy. It was, according to Andrea Bozza, Mental Health Lead at Niagara Catholic District School Board, to "promote self-esteem, self-image and the importance of accepting who you are."

Though some students did share their thoughts on Twitter, "This was a day," says Bozza, "about being in the moment and using mindfulness. It isn't often you see this many people in a room not on their computers or cellphones." Students talked about their feelings, and they drew them.

"What was really neat," says Bozza, "is while the speaker was talking, girls were doodling and we noticed ... they were writing things like 'love the skin you're in and 'proud to be an independent woman.' They weren't prompted to write these things."

All this may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help from time to time, and the demographic least likely to get it — teenagers — needs it most.

"There's a whole world around you," 15-year-old Brooklyn Daly told me after the day was done. "Your phone will always be there, but other things won't be."

In the fight against cyberbullying, apps and emojis aren't necessarily a bad idea. But perhaps building self-esteem away from the technology that depletes it is a better one.

Emma Teitel is a national columnist for the Toronto Star.

metroview

Padlock your phone: The only reliable way to unplug in 2016



Matt LaForge
Metro | Toronto

I had yesterday off work. So did many of you. It was great, right?

The February holiday might be the best one. It sneaks up out of nowhere and always feels like a snow day. Accordingly, the day's leisure tends to be improvisational: Watch six movies, order Chinese food, play on your phone from noon until midnight, if you want to.

There's a group out of Alberta that would prefer you not do that last one. The Family and Community Support Services Association of Alberta is behind an effort to make the holiday four provinces call Family Day a devices-switched-off day: "Family Day Unplugged."

In principle it's worthwhile. We could stand to be healthier and less self-involved, so why not submit, via the honour system, to some symbolic remediation?

Because the honour system won't cut it. I've seen firsthand what it takes to induce a large group to go phoneless, as opposed to merely promising that they'll do so. It's major.

Last Friday I went to see Dave Chappelle in Toronto. The day before the show, the ticket vendor sent an email: "We strongly recommend leaving your devices at home or in your car." And if I don't?

If I don't, I soon found out, I, along with all 1,000 fellow ticket-holders, will be forced to surrender my phone to security personnel, who will enclose it in a grey neoprene sock with a locking top. They'll keep the key, but I'll get to carry around the prophylactic pouch. At least I can hold a phone-sized thing. I watched the couple seated beside me periodically pull out their soft-shell device coffins and thumb at the locks in a not exactly longing, but not exactly casual manner.

It worked. Chappelle's material is as strong today as it was in 2003. Only those of us who saw it live can say so.

Barring a notebook, the only way to preserve the jokes was to rush out to the phone-check table when the set was over, unlock the sock and frantically write down as much as possible. A return to an older way of life.

If we really want to disconnect to connect, we don't need a day of unplugging; we need a day of repossession.

Matt LaForge is the managing editor of views and features at Metro.

metro Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR HALIFAX
Philip Croucher

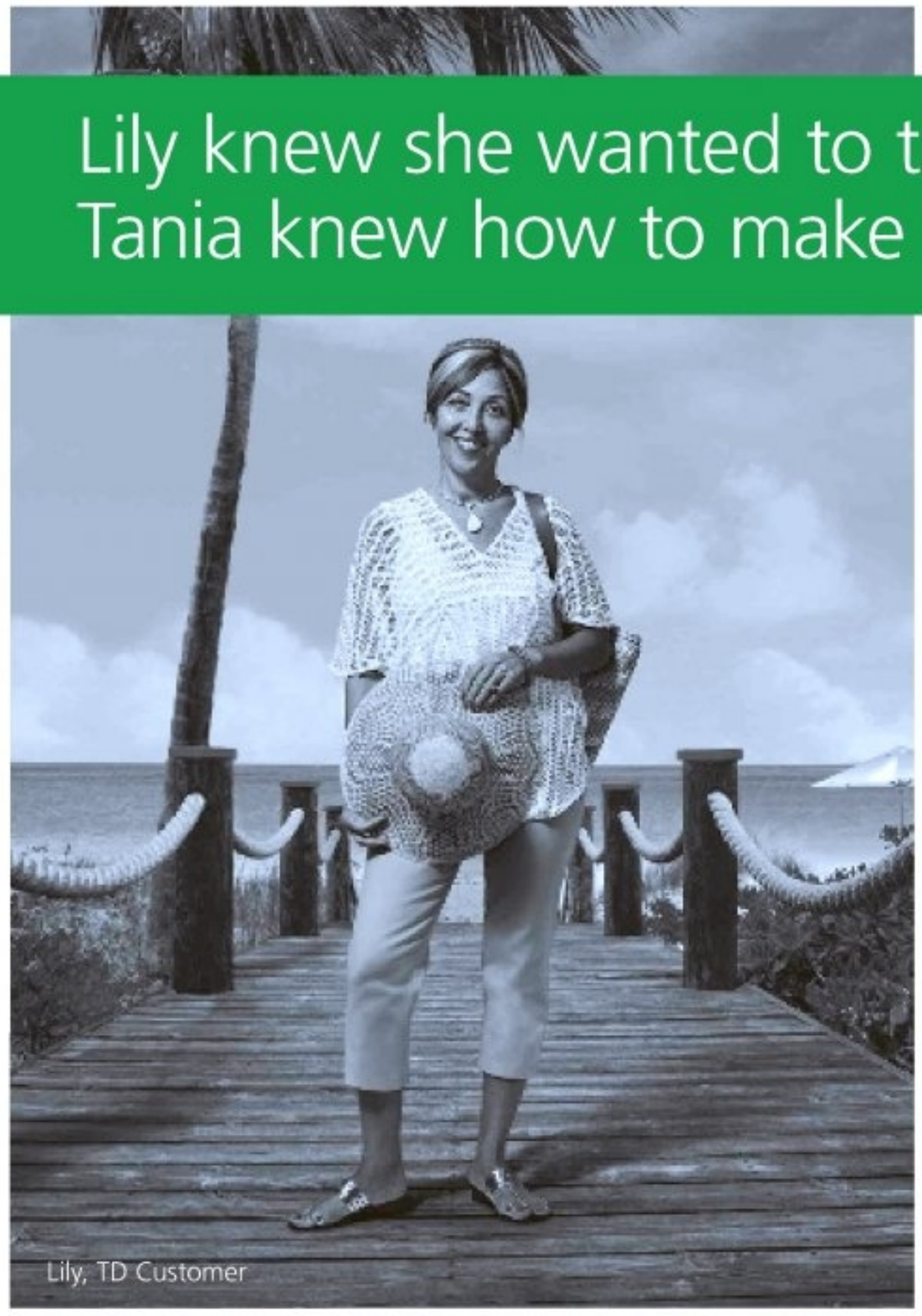
ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444



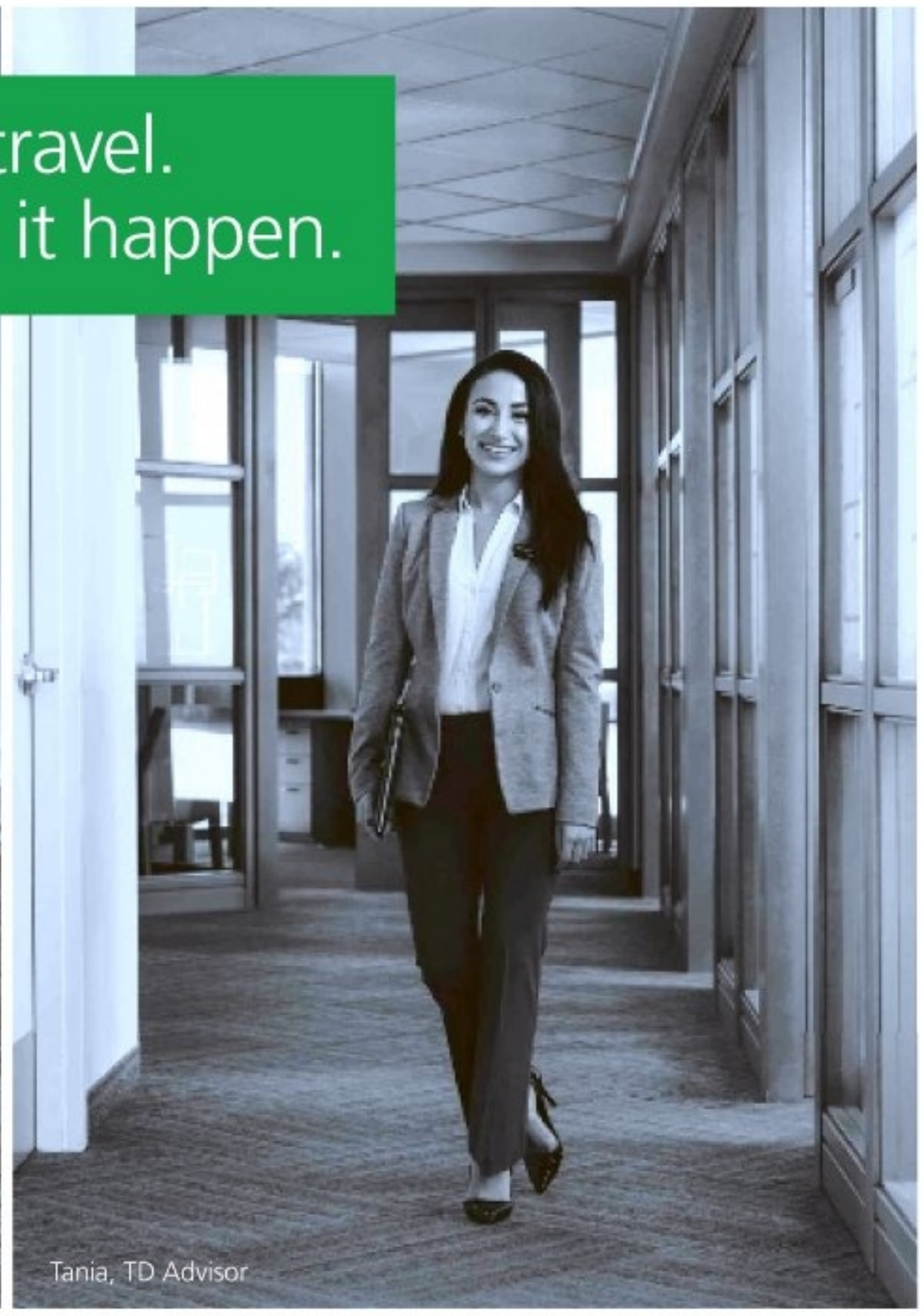
HOT Deal for COOL Savings!
Tuesday thru Thursday FILL-UP
Enjoy a Two of a Kind Steak Dinner, Garden or Caesar Salad or Pie & Coffee, Tea or Pop
ALL for just $15.99

6061 Young St. (Young & Kempt), Halifax, 902-454-8814 • 620 Portland St., Dartmouth, 902-434-8814 • steakandstein.ca • Free Wi-Fi

Lily knew she wanted to travel.
Tania knew how to make it happen.



Lily, TD Customer



Tania, TD Advisor

Our know-how can help you save more.

Lily worked with Tania, her TD advisor, to save easily for a dream vacation. Now it's your turn. Meet with an advisor today to save more and help reach your goals sooner.

Visit a branch or td.com/savemore



®The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Is your group RSP enough?

NEST EGG

Supplementary savings help ensure healthy retirement fund

Michelle Williams

If you're one of the fortunate Canadians to have a group RSP or a pension plan through your job, you may think your retirement is covered. Not so fast, say the experts. While such savings are a great start, you may need something extra if you want a healthy retirement nest egg.



Get the most out of your group RSP by educating yourself and staying on top of all your investments. ISTOCK

Then and now

A generation ago, employers set up pension plans that both the company and its employees paid into. "There was no opportunity for employees to have any say in how the money was invested, and it was expected that this would be their retirement income," says David O'Leary, managing partner at Eden Valley Partners in Toronto. "The onus was on the employer to invest responsibly to ensure the promised rate of return — all the risk was with the employer."

These types of "defined benefit" pensions still exist, but more and more employers are opting for "defined contribution" pensions or group RSPs, where the employee is accountable for investment choices. The way the group plan is structured and administered varies widely from company to company, but typically, employees have a limited set of investment options and get a few guidelines for making their choice.

"The way your employer structures the plan, your own knowledge and commitment to the plan and to your savings, and inconsistencies in rate of return on investment are just a few of the reasons you probably need to save outside your group plan," explains O'Leary.

A single portfolio

"It's a good idea to have a plan outside of work," agrees Dan Hallett, vice-president and principal at HighView Financial Group, "but you should look at it as one integrated portfolio. It's the best and most holistic way to manage your savings. Start with your group plan and supplement based on what you need for your retirement."

What's the best way to maximize your group RSP investment?

"Most people don't know much about their company's plan," says O'Leary. "They don't know their options, and even if they sign up for the plan, an alarming number of people don't ever sign up and set up a profile on the plan's website. If you don't take action, often the company defaults you to their choice of investments. It's important to stay on top of this investment, just like you would any other."

Why not just skip your group plan and do your own investing?

"It's not uncommon for companies to match an employee's contribution by as much as 50 to 100 per cent, up to a certain percentage of an employee's salary (usually four per cent," says Hallett. "That's free money for the investor." Even if the pension provider's list of investments is too narrow for your liking, "take it and pick the best investment choices available and make the most of the money being offered by your employer."

WISE INVESTING

- Write up your retirement goals so you know why you're investing and how much you'll need.
- Consult a financial advisor to work out a plan to match your retirement goals.
- Research your company's group RSP or pension plan to maximize your investments.
- Review your group RSP annually and make changes as needed to keep the mix in line with your goals.

Meet your local TD advisor



Tracey Connors
752 Sackville Dr.,
Sackville

Get comfortable.

Want to save more? Our advisors are here to help.
Visit td.com/savemore to book an appointment today.

Our know-how can help you save more. Visit a branch or td.com/savemore

TD

metro LIFE

Your essential daily news



Award season beauty trend alert: red lips on the red carpet









ALL PHOTOS GETTY IMAGES/THE ASSOCIATED PRESS

Bieber gets first Grammy

It was a night of career firsts for Canadian artists at the Grammy Awards.



Both Justin Bieber and the Weeknd walked away as early winners in a pre-telecast ceremony leading up to the main show on Monday.

Bieber (pictured right with his little brother Jaxon) took home a best dance recording honour as part of a collaboration with Skrillex and Diplo on the song Where Are Ü Now.

The Weeknd, a.k.a. Abel Tesfaye, nabbed two golden gramophones before the televised show.

He took home one for best urban contemporary album for Beauty Behind the Madness and another for best R&B performance for Earned It from the original soundtrack for the film Fifty Shades Of Grey.

Toronto hip-hop darling Drake lost all five awards he was nominated for, including best rap performance for Back to Back and best rap album for If You're Reading This It's Too Late.

THE CANADIAN PRESS

+ FULL AWARDS COVERAGE AT metronews.ca

1 Taylor Swift — Wearing a glittery jumpsuit, Swift kicked off the Grammys with Out of the Woods. She became the first woman to win album of the year twice, this time for 1989.

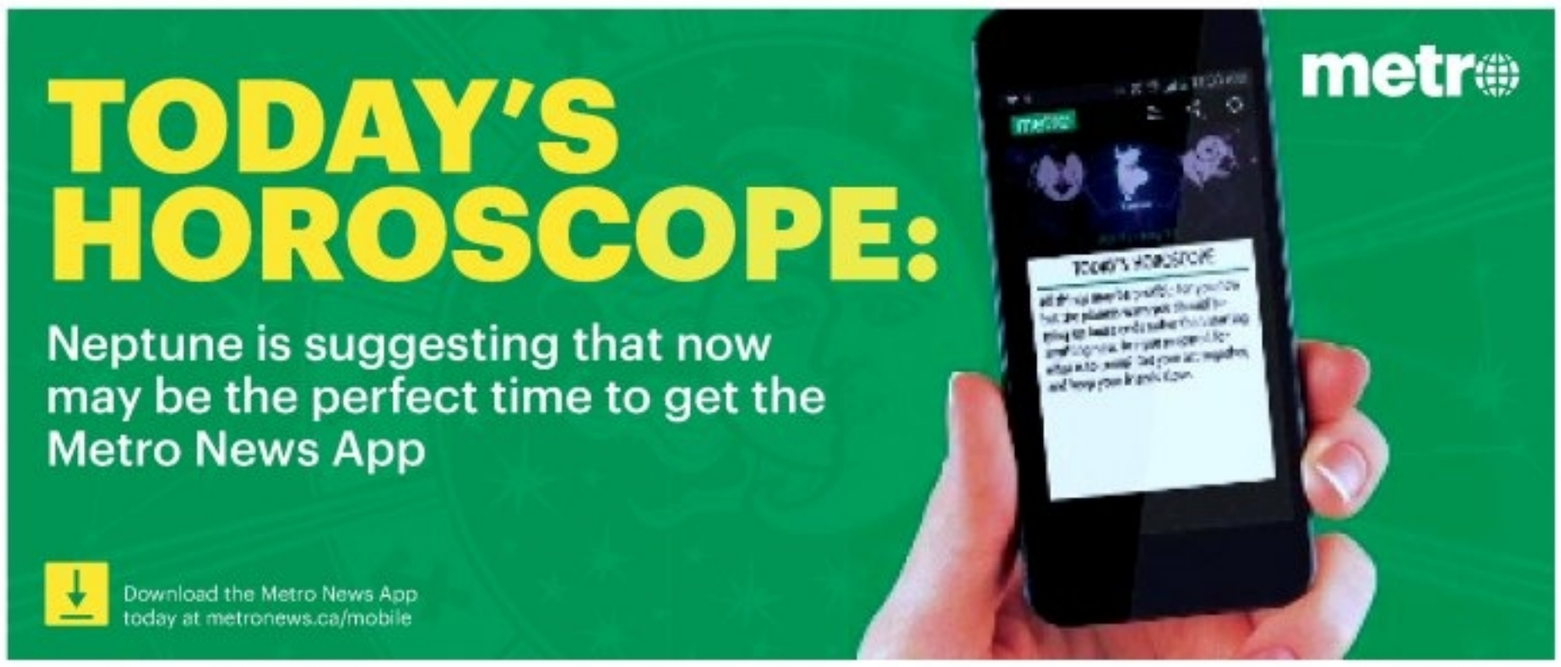
2 Kendrick Lamar — A big night for the rapper who delivered a fiery performance when he walked onto the stage in shackles to perform The Blacker the Berry. Lamar won five awards, including best rap album for To Pimp a Butterfly.

3 The Weeknd — R&B sensation Abel Tesfaye performed I Can't Feel My Face and In The Night. Adele was quick to jump to her feet with an ovation, clearly thinking he earned it.

4 Lady Gaga — The pop star, accompanied by Nile Rodgers, performed a David Bowie tribute which included 10 of his most iconic hits.

6 Best boudoir looks — Singers who stunned on the red carpet were Tove Lo in a sheer lace By Malene Birger number, Faith Evans in a custom dress by Stello and Ellie Goulding in a blush-pink Stella McCartney.





Wearing her feminism on her sleeve

GIRLS

Lena Dunham uses success to spread her message

Lena Dunham has been called a bellwether of modern feminism for the issues she addresses on her TV series Girls; it's a platform she's happy to occupy.

"If you have a strong desire to change something in the world, and you're lucky enough to have an audience to listen to you, then it only makes sense to use it," the 29-year-old said in an interview.

"Some say actors should maintain an air of mystery and not talk about that stuff, but that's never been my persona. It's always been correct for me that I would find a way to talk about my beliefs, hopefully without it overriding the content of the show, but still being really clear about what I think."

And what Dunham thinks is that it's about time feminist issues get aired in society at large.

"It was really great how much dialogue there was about women and women's representation last year, whether it was the Maureen Dowd New York Times article about the sexism that pervades Hollywood or whether it was women coming forward to talk about their experiences, like producer Shonda Rhimes, in a less fearful way.

"There were also some great entertainment releases: in the same month as the Sisters premiere with Tina (Fey) and Amy (Poehler) there was Joy with Jennifer Lawrence, about a strong female character, and Trainwreck with Amy Schumer and directed by my Girls co-showrunner, Judd Apatow, which did really well at the box office. All of that was important."

And then there's the Lenny Letter, which Dunham is proud to have launched with writing partner Jenni Konner.

"The fact we've been able to start some real conversations, whether it was Jennifer Lawrence's wage equality piece or Ellen Pao talking about sex issues in Silicon Valley, or whether to talk about the lack of attention paid to women's health: that for us was huge.

"And then with Jen's piece on wage equality, to see people take that and apply it to their own lives, that was super profound and meaningful."



I'm more able to ask for what I want; talk to actors in a strong but loving way.
Lena Dunham, on her new confidence on set

Girls creator Lena Dunham says it's about time feminist issues get aired at large. CONTRIBUTED

Girls returns for its next-to-last season Feb. 21 at 10 p.m. on HBO.

Dunham created, stars in and now executive produces the series along with Konner and comedy juggernaut Apatow.

This season, Dunham hopes the show "continues to be honest and allows women to learn more about themselves and other women."

Specifically it will deal with marriage, online dating — which Dunham describes as a "big part of the zeitgeist right now" — and romance in all its hues and shades.

"What's been important to us is to do romance in a complicated way," says Dunham, "Because in real life it is, and also to show that happiness can come from more than that."

Apatow says Girls has been seen as groundbreaking in its treatment of sexuality because "Lena's had the courage to portray it. And most of this terrain is now wide open. I have a daughter who's 18 and she's now thinking, 'Oh, I could be like Lena, I could write and direct.'"

Thoughtful, self-assured and witty in person, Dunham acknowledges her own growth on set. Before Girls, she had directed two-low budget feature films and a web series.

"I've now directed 17 episodes of a very different set. So I come at it from a place of new confidence.

"I'm more able to ask for what I want; talk to actors in a strong but loving way. I'm more confident working with the materials, with the camera and blocking."

With Girls set to wrap with its sixth and final season in 2017, fans are wondering where its characters will end up.

"Without giving anything away, what's really important is that we end in a way that's honest," Dunham says.

TORSTAR NEWS SERVICE



YOU COULD WIN a double pass to the advance screening of GODS OF EGYPT on February 25

To enter go to metronews.ca/contests

club metro

entertainment One

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, and Ottawa and Toronto, ON, and Halifax, NS who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of two (2) passes to a screening of Gods of Egypt on February 25, 2016. Approximate retail value of each prize is $25.00 CDN. Each individual entry must correctly answer a tie-breaking, mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on February 16, 2016 and closes at 11:59 pm ET on February 22, 2016. To enter and for complete contest rules + all prizes, go to www.metronews.ca/contests.

Red
Domestic Medium Hair



Two-year-old Red has a magnanimous and magnetic personality. Found stray in Lawrencetown, Red keeps watch over everything and is often perched at the front of his kennel. He has a yearning, soulful quality and is very friendly and outgoing. He is chatty, cordial and loves being petted. We believe his compelling personality will make a wonderful addition to any loving home and family. **Please stop by and visit with Red soon… he is ready to meet you.**

For more information on **Red** and other adoptable furry friends, visit **www.spcans.ca/dartmouthshelter** or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

BROUGHT TO YOU BY:

petvalu your pet • your store

5686 Spring Garden Rd.	902-490-9900
278 Lacewood Dr.	902-431-8665
96 Tacoma Dr.	902-435-9748
75 Peakview Way	902-835-3224
961 Bedford Hwy.	902-406-4470
752 Sackville Dr.	902-869-9050
Fall River	902-860-1772

Nova Scotia SPCA Provincial Animal Shelter

METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Osteopathic studies

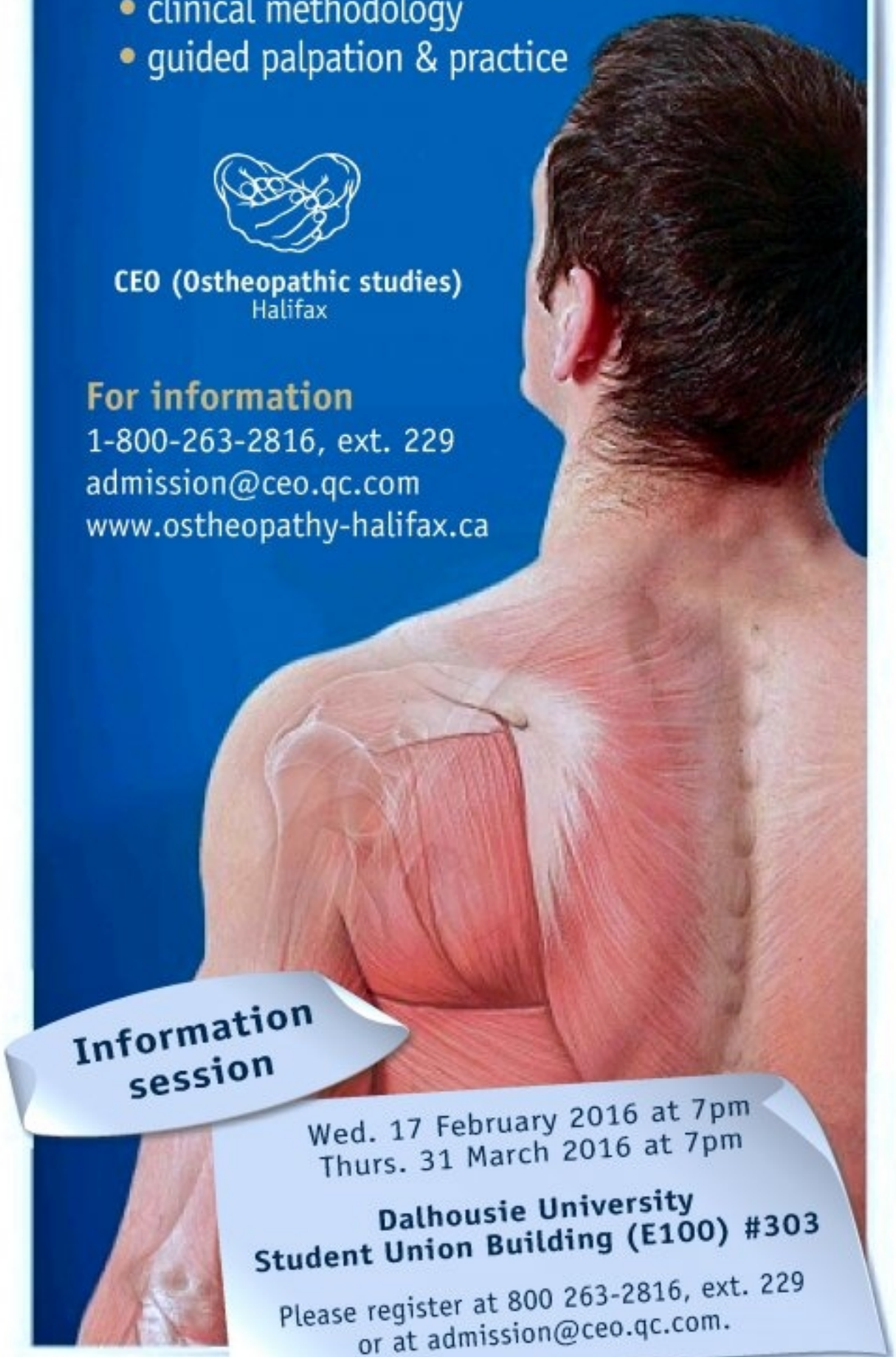
Osteopathy provides the necessary therapeutic reasoning skills and manual treatment approaches to achieve **optimal results** by viewing the body as a whole.

Educational program
for health-care practitioners

- 6 seminars/year for 5 years
- myofascial, visceral, cranial techniques
- specific osteoarticular adjustments
- clinical methodology
- guided palpation & practice

CEO (Ostheopathic studies)
Halifax

For information
1-800-263-2816, ext. 229
admission@ceo.qc.com
www.ostheopathy-halifax.ca



Information session

Wed. 17 February 2016 at 7pm
Thurs. 31 March 2016 at 7pm

Dalhousie University
Student Union Building (E100) #303

Please register at 800 263-2816, ext. 229
or at admission@ceo.qc.com.



JOHANNA SCHNELLER WHAT I'M WATCHING

With Outlander you get smart and sexy

THE SHOW: Outlander Season 1, Episode 3 (Shomi)
THE MOMENT: The Wound



Outlander is pure middle-aged-lady romance fantasy.

Claire (Caitriona Balfe), an English nurse in 1945, magically has traveled back in time to 1743. She's being held prisoner in a Scottish castle, but makes herself useful as a healer. The dashing Highlander, Jamie (Sam Heughan), who sustained a neck wound protecting her, just escorted her to her cozy dungeon-cave.

"Let me have a look at that," Claire says, eyeing Jamie's manly clavicle. Bosom heaving ever so slightly, she unties his scarf. Slowly, she unbuttons his shirt. Gently, she pushes the curls off his nape.

He looks at her. She looks away. She looks at him. He looks away. She touches his neck. He sucks in a breath.

"It's scabbed over nicely," she purrs.

"There's no drainage." Their eyes lock. The firelight flickers. Is it steamy in here or what?

Oh, how I love British foreplay. Who else could write a seduction scene that includes the word "drainage?" I mean, "scabbed over nicely" — that is smokin' pillow talk.

Outlander, which is based on a popular novel series, is pure middle-aged-lady romance-fantasy fare, all flapping kilts and flushed faces, thudding hooves and "Aye, lassies." Heughan is a hunk-a-hunk of burning love, who's forever saying things like, "Should I throw ye over my shoulder and carry ye?" (Yes, please.)

But because the series is half British, we also get proper history lessons about such knee-weakening topics as wool-making, taxation by feudal lairds and the Jacobite rebellions.

Outlander will melt your panties, mistress, but it will leave you feeling edified in the morning.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



THERE'S AN EXHAUSTING AMOUNT TO DO AT DALPLEX, STARTING AT $29.50/MONTH

*Some conditions apply. Visit us online for details.

JOIN THE CONVERSATION! /dalplex @dalplex @dalplex

902.494.3372 DALPLEX.ca



metro SPORTS



At 48-4, the Warriors have to go at least 25-5 the rest of the way to beat the Bulls' best-ever regular-season finish of 72-10 set in 1995-96

Hurricanes adjusting expectations on the fly

NHL

Youngsters have Carolina knocking on playoff door

Just over 9,000 fans showed up to see the Carolina Hurricanes host the Arizona Coyotes in early December. Excitement, engagement and attendance were dipping around a club that's been absent from the playoffs since 2009.

A two-month surge is turning those tides and forcing some tough questions as the Hurricanes press for an unexpected berth in the post-season.

Last in the Eastern Conference at the end of November, Carolina has run up a 17-8-6 mark over its past 31 games and is now only a few points back of a wild-card spot.

The rise has surprised the Hurricanes' brass, and general manager Ron Francis had to push back his timeline for determining how the club will approach the Feb. 29 trade deadline.

"I've been saying this for a couple months: 'We'll get a clearer picture the next week, the next week'. It's still about as clear as mud," said Francis.



Former Hurricanes captain Rod Brind'Amour speaks at Saturday's pre-game ceremony in Raleigh, N.C., celebrating Carolina's 2005-06 Stanley Cup season. KARL B DEBLAKER/THE ASSOCIATED PRESS

Carolina has thrived behind head coach Bill Peters and a roster mixed with youth and experience, especially on the back end. The Hurricanes defence features 19-year-old Noah Hanifin, 21-year-old Brett Pesce and 21-year-old Jacob Slavin, as well as vets like 35-year-old John-Michael Liles and 34-year-old Ron Hainsey.

The younger defencemen have played especially significant roles — averaging between 18-19 minutes a game — that the organization didn't expect when the season began. They've become effective staples of a blue line led by Justin Faulk, Carolina's leading scorer with 34 points.

"I think our coaching staff has done a nice job with those young guys in getting them into situations where they have success and if they make a mistake they're right back out there and they play," Francis said.

Peters has made a positive impression in his second season behind the Carolina bench. Not only have the younger Hurricanes made strides under his watch, but the group as a whole is performing effectively, ranked amongst the top-10 in puck possession while yielding less than 27 shots per game, the second stingiest mark in the league.

The club felt Peters, who served as an assistant to Mike Babcock for three seasons in Detroit before replacing Kirk Muller, was the right person to change a culture that was perceived by fans as lacking intensity.

"He's been a real good coach for us," Francis said.

The Hurricanes have missed the playoffs in each of the past six seasons, something Francis will have to be mindful of as the deadline approaches. Decisions will need to be made with a roster that has a few interesting impending free agents who could entice playoff contenders, notably captain Eric Staal.

Francis says he doesn't intend to stray from the patient rebuild he promised. Still, he could hang onto assets like Staal and pursue a long-awaited playoff berth, even if the odds are long. The community certainly could use it.

"Well I think when we took over the message was pretty clear," he said. "We wanted to build this thing right from the bottom up so that when we got to the playoffs we felt we would be a team that could compete year after year on a consistent basis."

THE CANADIAN PRESS

We wanted to build this thing right from the bottom up.
Hurricanes GM Ron Francis

10,000

Carolina saw attendance hover around and sometimes dip below 10,000 people often enough in October and November, numbers which have crept back up as the team's play has improved.

AT THE SADDLEDOME

Flames fall flat against Anaheim

Corey Perry had a goal and two assists Monday afternoon, and the Anaheim Ducks went a perfect three-for-three on the power play in a 6-4 victory over the Calgary Flames.

The Flames led 3-2 after an action-packed first period, but with Johnny Gaudreau in the penalty box for tripping, Perry banged a Cam Fowler rebound past Jonas Hiller to tie it on the power play at 2:15 of the second.

The Ducks went right back to the man advantage when Jakub Nakladal was called for holding and needed only 11 seconds to convert, with a rebound deflecting off a couple players and going in off of Sami Vatanan to score putting Anaheim into the lead for good. THE CANADIAN PRESS

MONDAY In Calgary

6	4
DUCKS	FLAMES

IN BRIEF

Herd running out of time
Time is slipping away on the Halifax Mooseheads' chances for a trip to the playoffs.

After dropping two more games on the road Friday and Saturday, the Herd now sit six points out of the 14th and final playoff spot, currently held by the Blainville-Boisbriand Armada, who have two games in hand.

Halifax has 12 games remaining in the regular season, six at home and six on the road.

They are back in action Thursday in Cape Breton.

In their latest loss, the Mooseheads (17-32-6-1) earned a single point as they lost 3-2 in overtime to the Shawinigan Cataractes on Saturday afternoon.

The rebuilding Mooseheads have lost four straight overall and are 2-7-1 in their past 10 games.
PHILIP CROUCHER/METRO

Canes wallop Ontario's A's
The Halifax Hurricanes showed their opponents no love in a Valentine's Day matinee on Sunday.

In control from start to finish, the Hurricanes blew past the visiting Orangeville A's of Ontario 125-89 before about 1,500 fans at Scotiabank Centre.

The Hurricanes jumped out to a 38-16 lead after the first quarter and never looked back en route to their fourth-straight victory this month.

Halifax (12-4) was led on offence Sunday by power forward Kyle Hunt who netted 23 points. Mike Glover added 21 points and eight boards. Up next, the Hurricanes host the Moncton Miracles Thursday. PHILIP CROUCHER/METRO

WEEKEND RECAP

T.O. cool under spotlight

2016 NBA ALL-STAR

When the players cleared the court at the Air Canada Centre on Sunday night, the NBA all-star fun continued.

Cheerleaders and just about anybody else with a pass crowded onto the hardwood for photos or just to savour the moment.

All-star weekend is a party. And like most good parties, nobody wants to leave.

For those keeping count, the West won 196-173 in a game that erased the existing all-star records for most points by one team (163) and total points by two teams (321).

While Kobe Bryant waved goodbye, a new generation of NBA stars showed off their tricks.

West coach Gregg Popovich called the experience "a joy."

"It's the most fun I've ever had at an all-star game just because of the predominant group of the young talented kids coming up like the new stars and watching them interact with each other was a thrill for me," said the veteran San Antonio Spurs coach.

And despite the frigid weather, Toronto showed its heart when it comes to hoops.

"I think everybody got the feel of the energy that we witness every single night when we play as Raptors players," said Toronto forward DeMar DeRozan, who had several highlight-reel dunks. "I think all the guys really got insight on how in-tune the city of Toronto and all of Canada is to basketball."

Added teammate Kyle Lowry: "Toronto, I think we put ourselves on the map a little bit around the world."

THE CANADIAN PRESS



Kobe Bryant played in his final all-star game on Sunday.
VAUGHN RIDLEY/GETTY IMAGES

Service Directory
To advertise contact 421-5824

February 16

BUSINESS OPPORTUNITY

JAN-PRO CLEANING SYSTEMS

The World's #1 Fastest Growing Franchise*



RANKED #1

FASTEST GROWING FRANCHISE OVERALL AND COMMERCIAL CLEANING FRANCHISE!*

*Source: Entrepreneur Magazine Feb. 2016

Get your own Business!

- Professional Training Starter Kit
- Accounts Guaranteed
- Insurance and Bonding
- Cash Flow Management
- Ongoing Assistance
- Financing
- Additional Accounts
- Support to Grow your Business

Now Located at 2 Bluewater Rd, Suite 130, Bedford
Contact Carlos De Regules (902) 481-2100
carlos.deregules@jan-pro.ca • jan-pro.ca

HOME HEATING

Heat Pumps from $33/mth
Nova Scotia Power On Bill Financing

Heat Pump Guys



902-444-7870

Halifax | Dartmouth
Sackville | HRM

APARTMENTS



5 Horizon Court
Dartmouth

2 and 3 Bedroom Apartment Homes
Garden Plots • Movie Theatre • Secure Building
Fitness Centre • Business Centre • & More!

avonhurst GARDENS

CALL FOR A PRIVATE VIEWING OR VISIT US
M-T 8:30am-8pm
Fri 8:30am-6pm
Sat 10am-6pm
Sun 12-4pm

902.407.7007
avonhurstgardens.com
PARAMOUNT MANAGEMENT

MetCap LIVING

A NEW YEAR A NEW HOME!

FIND MY PLACE TO LIVE!
902-449-RENT (7368)

DARTMOUTH	KENTVILLE	HALIFAX	WINDSOR
902-402-2915	902-691-3000	902-402-1518	902-402-1518
902-402-6287	902-402-1518	902-402-2915	902-791-0232
902-401-2735			
902-401-8312			

WAIVED SECURITY DEPOSIT FOR SENIORS ON SELECT UNITS!

www.metcap.com



Spurs' talismanic striker **Harry Kane**, centre, and key midfielder **Dele Alli**, right, celebrate Kane's goal against Manchester City at the weekend in a vital 2-1 Tottenham win. ALEX LIVESLEY/GETTY IMAGES

Solid Spurs finally dig their heels in

PREMIER LEAGUE

North London's second fiddle in hunt for first title since '60s

In a rundown north London district, building is progressing to turn a vast hole in the ground into a gleaming 61,000-capacity home for Tottenham Hotspur.

Surrounding murals provide a glimpse into how architects envisage Tottenham's new base at White Hart Lane from 2018.

The team itself has advanced more rapidly than the club's construction project.

Walk down Bill Nicholson Way into Tottenham's cramped 36,000-seat ground that has been its home of 117 years and one of the most exciting teams in England is evolving under the guidance of Mauricio Pochettino, led by 19-year-old midfield dynamo Dele Alli and prolific 22-year-old striker Harry Kane.

While unlikely table-topper Leicester has garnered much adulation for injecting a dose of unpredictability into this year's title race, Tottenham has mounted a steady ascent up the standings in their shadow with skilful, high-pressing football.

Tottenham is second, just two points back, after Sunday's 2-1 victory at fourth-place Manchester City. Spurs top third-place Arsenal, their north London rival, on goal difference.

Tottenham has long been eclipsed by Arsenal, which won the last of its 13 English titles in 2004, two years before moving from Highbury, its home since 1913, to 60,250-seat Emirates Stadium.

St. Totteringham's Day, when Arsenal fans like to celebrate the point Tottenham cannot overtake their team in the league, might be no more after 20 successive seasons. The 1-1 stalemate in their last meeting in November demonstrated just how far the gulf has narrowed.

Pressure is on Arsenal manager Arsene Wenger, whose team hasn't lifted the league trophy in 12 years. Just making the Champions League by finishing in the top four would be a sign of progress for Tottenham, which has made a net profit during the four transfer windows under Pochettino.

Although Tottenham finished fourth in both 2010 and 2012, the team was never in contention for the league title during the second half of the season. Now for the first time in 31 years, Tottenham is second after 26 games.

Make up a few points over the next 12 league games, and Tottenham would be English champions for just the third time — the first since Nicholson's 1961 team featuring Danny Blanchflower and Dave Mackay.

Success in recent years represented qualifying for the Champions League for the only time in the 2010-11 season when Gareth Bale steered Spurs to the quarter-finals but in doing so alerted Real Madrid to his exceptional talent.

The initial verdict was that Tottenham squandered the Real Madrid record-breaking windfall, but two of the not-so magnificent seven have become key players: midfielder Christian Eriksen and winger Erik Lamela, the most maligned of those 2013 recruits.

Lamela's through-ball set up Eriksen for the winner at City on Sunday, completing a Tottenham double against the 2012 and 2014 champions.

The source of the opening goal was no surprise: Kane raised his league tally to 16 goals.

The bedrock of Tottenham's title charge is a robust back-four. Tottenham used to leak goals but now has the best defensive record in the league, having conceded only 20 goals in 26 games.

As important as keeping the emerging, youthful squad together is retaining Pochettino, the 43-year-old Argentine who joined from Southampton in 2014.

The need to fund a new stadium will see Tottenham having to stick with the recent austerity drive. Pochettino accepts it, saying by buying "cleverly and by mixing the pieces you can build a big team too."

THE ASSOCIATED PRESS



Arsene Wenger and rivals Arsenal did Spurs a favour by beating Leicester. GETTY IMAGES

RECIPE Quinoa Stuffed Peppers





Ceri Marsh & Laura Keogh
For Metro Canada

A healthy and easy dinner that fills you up with its mix of superfood quinoa, fibre-rich black beans and, — everyone's favourite — cheese.

Ready in
Prep time: 30 minutes
Total time: 60 minutes
Makes: 8 peppers

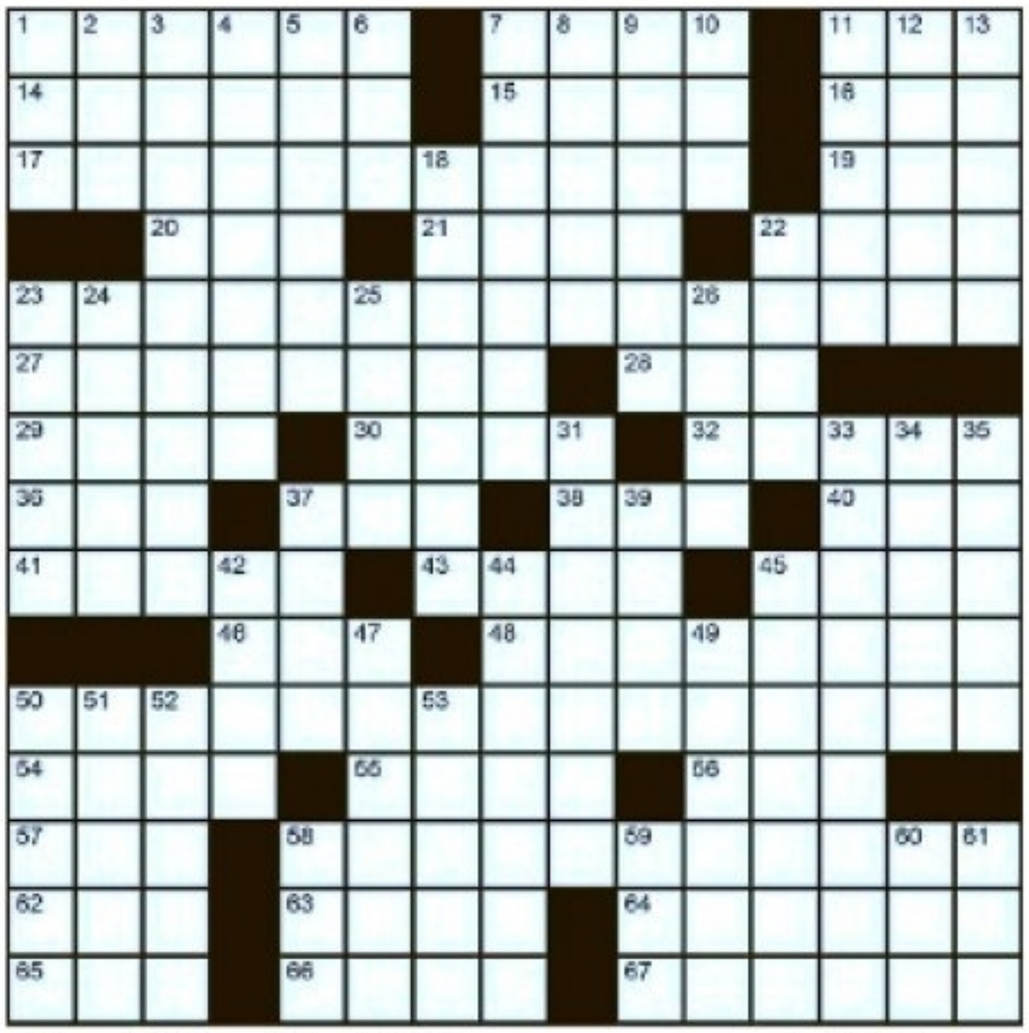
Ingredients
- 3 cups cooked quinoa
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup tomatoes, diced
- 1/2 cup cheddar cheese, grated
- 1/4 cup feta cheese, diced
- 3 Tbsp cilantro, chopped
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper
- 8 bell peppers, tops cut, stemmed and seeded

Directions
1. Preheat oven to 350 F.
2. In a large bowl, mix everything (except the peppers) together well. Taste to check seasoning before adding salt and pepper.
3. Place all of your peppers into a 9- by 9-inch baking pan so that they stand up. Carefully spoon the filling into each pepper.
4. Bake for 30 minutes, or until the peppers are soft and the stuffing is heated through.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Something to generously pick up in a restaurant: 2 wds.
7. Microchip-implanting gr.
11. Ohs partners
14. Madonna's "La Isla _"
15. Greenish-blue
16. Mouse's lab friend
17. New comedy streaming on CraveTV set in small-town Ontario
19. Scientist's 'eggs'
20. 'To hear' in Spanish
21. Vitamins added to milk, _ _ D
22. Prayer ender
23. Not including freshwater, Canada covers over nine million what?: wd. + abbr. + wd. + wd.
27. _ Hall (New York concert venue)
28. Clear
29. Flight schedule acronyms
30. "Climb _'_ Mountain"
32. Schedule times
36. Henpeck
37. Mr. Gershwin
38. Food flavouring brand
40. Goth rocker
41. Sole pattern
43. Model-turned-mogul Heidi
45. Walter Pidgeon's character in "Mrs. Miniver" (1942)
46. Bathroom cleanser
48. Strauss 1933 title soprano role
50. The astrolabe, as used by explorer Samuel de Champlain: 2 wds.
54. Wading bird
55. Filing cabinet abbr.
56. Dick Tracy, e.g.
57. Super Bowl 2016 MVP Mr. Miller
58. Verdi opera: 3 wds.
62. Nightfall
63. Flashy fabric
64. Cabernet _ (Wine by Canadian entrepreneur Kevin O'Leary)
65. Bronze Roman money
66. U.S. liquid meas.: 2 wds.
67. Primps

DOWN
1. Li'l dinette piece
2. Furrow maker
3. VIP's crew
4. Renaissance paintings like The Death of Actaeon
5. Pied-_-_ (Country dweller's dwelling-in-the-city)
6. Tavern
7. Broccoli cooker
8. Oscar-winner Sean's
9. Frankness
[var. sp.]
10. Rita Hayworth's royal husband, _ Khan
11. Bouquet property
12. Oasis
13. Television support
18. Three-pronged Arctic fishing spear
22. Actor Alan
23. "_ of a Woman" (1992)
24. Doha's locale
25. Spa city in Hungary
26. Retro dog name
31. "That's awesome, dude.": 2 wds.
33. Make up the narration: 3 wds.
34. Singer Ms. Sande
35. Totally ticked: 2 wds.
37. Peter, Paul and Mary's "_ _ Rock and Roll Music"
39. Marvel mutant
42. Notice: French
44. _-faire
45. Cause _ (Attention-grabbing controversy)
47. Bear or elk or Canuck
49. Way worse
50. Skin care company
51. Over
52. Grapes graspers
53. Laura Branigan hit that goes "God how I love you so.": 2 wds.
58. Alien sitcom
59. Sovereign, e.g.
60. Mr. Chaney Jr.
61. Fire dept. ranks

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have an obsession with perfection but not everyone shares your need to get it right every time. Be warned: if you push others too hard today it might tempt them to be obstructive, or even destructive!

Taurus April 21 - May 21
This is a great day for social affairs. Even if you're not usually good with words you'll be chatty and charming today and make a good impression on someone you fancy.

Gemini May 22 - June 21
If you're planning a surprise for a loved one be careful who you confide in as information could easily slip out. It may not spoil the occasion but it could take the gloss off it a bit.

Cancer June 22 - July 23
If you are still feeling down then you really must get out and about more. Mix with people who are cheerful and chatty — it won't be long before their good mood rubs off on you.

Leo July 24 - Aug. 23
If someone you don't always get along with makes an effort to be nice today you must make an effort in return. Just because you have different values does not mean you cannot be colleagues, or even friends.

Virgo Aug. 24 - Sept. 23
If you are going to push yourself to the limit, now is the time. You will find it easy to reach targets that were previously out of your reach. This is also a good time to plan a vacation.

Libra Sept. 24 - Oct. 23
There are days when, no matter how hard the task at hand, everything comes easy, and this will be one of them. Ask yourself what you would most like to accomplish, then do it.

Scorpio Oct. 24 - Nov. 22
If you limit yourself to tried and tested ways over the next few days you will not only make unnecessary work for yourself but you may miss out on something that could have made your life richer and more enjoyable.

Sagittarius Nov. 23 - Dec. 21
It may seem as if events are no longer under your control but nothing bad will happen if think logically. The important thing is to not let your heart overrule your head.

Capricorn Dec. 22 - Jan. 20
If you try to force others to follow your lead they are sure to refuse. If, however, you use your charm you will find it easy to move them in the direction you want them to go.

Aquarius Jan. 21 - Feb. 19
Identify what it is you want most out of life, then focus on it. Others may try to distract you but there is a stubborn side to your nature and when you have a goal in mind you don't stop until it is reached.

Pisces Feb. 20 - March 20
All the upsets and restrictions of the past few months are beginning to fade and by Friday you will be king, or queen, of the castle again. Always look forward. Never look back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

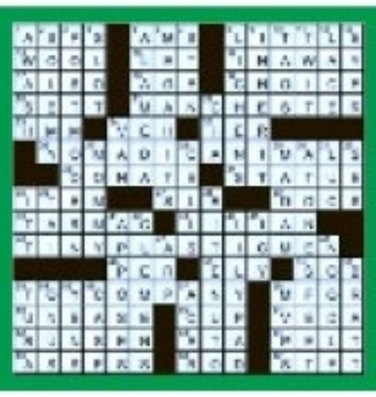
	2	6	3	8	9	4	1	
	3						7	
						6		
					5			
		4	6	9	7	5		
			2					
		9						
	4						8	
	7	1	4	6	8	9	3	

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



3	5	2	4	1	9	7	8	6
9	1	6	7	8	5	3	2	4
4	7	8	6	2	3	1	9	5
8	6	7	1	3	4	9	5	2
5	4	1	9	7	2	6	3	8
2	3	9	5	6	8	4	1	7
1	2	4	8	9	6	5	7	3
6	9	3	2	5	7	8	4	1
7	8	5	3	4	1	2	6	9

As Seen In Metro!
Shop The Sweet Potato Chronicles Cookbook
mymetrostore.ca shop your city



KIA

NEW YEAR NEW KIA SALES EVENT

MADE FOR [NEW BEGINNINGS]

0% FINANCING FOR UP TO 60 MONTHS[Ω] + UP TO **$4,000** IN DISCOUNTS[^] ON SELECT MODELS + **DON'T PAY FOR 90 DAYS**[†] ON ALL MODELS

OFFER ENDS FEB 29



Sorento SX Turbo AWD shown[†]

THE ALL-NEW 2016

SORENTO 2.4L LX FWD

STANDARD FEATURES:
HEATED FRONT SEATS
BLUETOOTH® CONNECTIVITY

AWD AVAILABLE **ALL-WHEEL DRIVE**

THAT'S LIKE PAYING ONLY **$60** WEEKLY[Ω]

LEASE FROM **$262**/MO[~]

$1,900 DOWN AT **1.9%** APR FOR 60 MONTHS[~]

INCLUDES $500 IN DISCOUNTS[^] | PLUS $500 COMPETITIVE BONUS[**]

AJAC www.ajac.ca
AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
BEST NEW SUV ($35,000 - $60,000)



2015 SORENTO
"HIGHEST RANKED MIDSIZE SUV IN INITIAL QUALITY IN THE U.S." BY J.D. POWER.



Optima SX Turbo AT shown[‡]

HEATED SIDEVIEW MIRRORS | HEATED FRONT SEATS | HEATED STEERING WHEEL

HEATED EVERYTHING

The new year is no time for frostbite. Great available heated features like these will help you power through winter.



Forte SX AT shown[‡]

FINAL CLEAROUT!

2015 **OPTIMA** LX AT

2015 IIHS TOP SAFETY PICK

WELL-EQUIPPED FROM **$18,795*** INCLUDES **$6,000*** IN CASH DISCOUNTS

AVAILABLE FEATURES:
HEATED FRONT & REAR SEATS | NAVIGATION SYSTEM

THE NEW 2016 **FORTE** SEDAN LX MT

5-Star Safety Ratings
More Stars. Safer Cars.

THAT'S LIKE PAYING ONLY **$27** WEEKLY[Ω]

LEASE FROM **$118**/MO[~]

$975 DOWN AT **0%** APR FOR 60 MONTHS[~]

INCLUDES $1,300 IN DISCOUNTS[^]

AVAILABLE FEATURES:
HEATED FRONT & REAR SEATS | REARVIEW CAMERA

5 **WE'VE GOT YOU COVERED**
*5-year/100,000 km worry-free comprehensive warranty.

Atlantic Kia dealers for Atlantic drivers.

See kia.ca for more

KIA
The Power to Surprise

Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from February 2 to 29, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to $1,725, $100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. [Ω]0% financing for up to 60 months plus up to $4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $4,000 discount is offered on a new 2015 Optima LX AT (OP742F) only. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Optima LX AT with sunroof (OP748F) with a selling price of $26,195 is based on monthly payments of $370 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. [†]"Don't Pay For 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends February 29, 2016. [*]**Cash Purchase Price** for the new 2015 Optima LX AT (OP742F) is $18,795 and includes a cash discount of $6,000. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. [~]**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Sorento 2.4L LX FWD (SR75AG)/2016 Forte Sedan LX MT (FO541G) with a selling price of $27,495/$15,995 (including $500/$1,300 lease credit discounts) is based on monthly payments of $262/$118 for 60 months at 1.9%/0%, with $0 security deposit, $1,900/$975 down payment and first monthly payment due at lease inception. Total lease obligation $15,708/$7,055 with the option to purchase at the end of the term for $10,448/$6,078. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). [**]$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Optima, 2016 Sportage and 2016 Sorento from participating dealers between February 2 to 29, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo and Buick vehicles. Some conditions apply. See your dealer or kia.ca for complete details. [Ω]Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR75JG)/ 2015 Optima SX AT Turbo (OP748F)/2016 Forte SX AT (FO748G) is $42,095/$34,895/$26,695. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IHS) for model year 2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.